

**35th Annual Meeting of the Society for Light Treatment and Biological Rhythms
Preliminary Program**

CET	Thursday, June 20th, 2024
08:00 – 09:00	Registration
09:00 – 09:10	Welcome President Prof. Christian Cajochen
09:10 – 12:00	Symposium I: Circadian Medicine
09:10 – 09:20	Introduction to circadian health
09:20 – 09:50	Manuel Spitschan, Technische Universität München, Germany How to measure, characterise and report light in studies and clinical trials
09:50 – 10:20	Lenka Maierova, Czech Technical University, Czech Republic Jana Kopřivová, National Institute of Mental Health, Czech Republic Clinical implications of spectral differences in phototherapy devices
10:20 – 10:45	Coffee Break and Exploring Vendors
10:45 – 11:15	Jonathan Johnston, University of Surrey, United Kingdom Chrono-nutrition: advances, potential and challenges
11:15 – 11:45	Alun Hughes, Liverpool John Moores University, United Kingdom Timed exercise as a tool to improve aberrant circadian function
11:45 – 12:00	Panel Discussion
12:00 – 13:00	Lunch and Exploring Vendors
13:00 – 14:15	Symposium II: Basic Science
13:00 – 13:25	Jeffrey Hubbard, University of Lausanne, Switzerland Modification of light and dark transition length affects sleep and waking behavior in the laboratory mouse.
13:25 – 13:50	Annie Curtis, Royal College of Surgeons in Ireland, Ireland Watching the clock; impact of circadian rhythms on innate immune function, from inflammation to vaccination
13:50 – 14:15	Michal Zeman, Comenius University Bratislava, Slovakia Disturbance of hormonal circadian rhythms by light pollution
14:15 – 14:45	Coffee Break and Exploring Vendors
14:45 – 16:15	Early Stage Investigator Symposium
14:45 – 15:15	
16:15 – 17:00	Data Blitz
17:00 – 19:30	Poster Session Reception and Exploring Vendors

CET	Friday, June 21st, 2024
09:00 – 10:15	Symposium III: Industry Symposium Topic: How to contribute to the future of circadian health
09:00 – 09:30	Elevator pitch of all sponsors
09:30 – 10:15	Structured panel discussion
10:15 – 10:45	Coffee Break and Exploring Vendors
10:45 – 12:00	Oral Session I
12:00 – 13:00	Lunch and Exploring Vendors
13:00 – 14:15	Oral Session II
14:15 – 14:45	Coffee Break and Exploring Vendors
14:45 – 16:00	Symposium IV: Translation Science
14:45 – 15:10	Sebastian Holst, Roche, Switzerland <i>TBD</i>
15:10 – 15:35	Lauren Hartstein, University of Colorado Boulder, United States Sensitivity of the Circadian System to Light in Early Childhood
15:35 – 16:00	Shanta Rajaratnam, Monash University, Australia Shift work, circadian disruption and sleep health
16:00 – 17:15	Oral Session III
19:00 – late	Gala Dinner
	Anna Wirz-Justice & Helena Illnerová Chronobiology legends: A fireside chat with trailblazing women in science

CET	Saturday, June 22nd, 2024
09:00 – 10:00	Members Meeting
10:00 – 10:30	Coffee Break and Exploring Vendors
10:30 – 12:00	Year in Review
10:30 – 10:55	<i>TBD</i> Year in Review - Basic
10:55 – 11:20	Jana Kopřivová, National Institute of Mental Health, Czech Republic Year in Review - Translational
11:20 – 11:45	Filip Španiel, National Institute of Mental Health Czech Republic Year in Review – Clinical
11:45 – 12:00	Year in Review – Panel Discussion
12:00 – 13:00	Lunch (and Board Meeting) and Exploring Vendors
13:00 – 14:15	Symposium V: Clinical Science
13:00 – 13:25	Sabra Abbott, Northwestern University, United States Translating circadian science to the clinic
13:25 – 13:50	Tami Martino, University of Guelph, Canada Circadian dysregulation in cardiovascular disease
13:50 – 14:15	Filip Španiel, National Institute of Mental Health, Czech Republic Chronobiology of Bipolar Disorder
14:15 – 14:45	Coffee break and exploring vendors
14:45 – 15:45	Keynote
	Satchin Panda, Salk Institute for Biological Studies, United States Circadian rhythms and time-restricted eating in health and disease
15:45 – 16:00	Awards and Closing Remarks